Winnipeg metro

TUESDAY, OCTOBER 27, 2015

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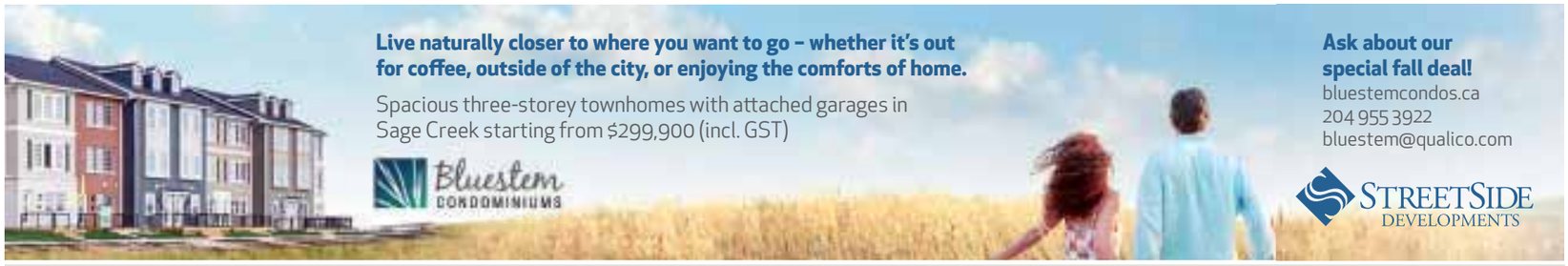
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STREETSIDE DEVELOPMENTS

Winnipeg metro

Your essential daily news | TUESDAY, OCTOBER 27, 2015 | High 9°C /Low 2°C Periods of rain

WILL THE NEW PM ACTUALLY TAX THE RICH?
metroNEWS

THRONE OF BREWSKIES RISES AT THE LEG

DAVE BAXTER/METRO

Notre Dame Hotel owner Angelo Mondragon says the province is sucking rural hotels dry
metroNEWS

Two men in custody after teen shooting

CRIME

Gun allegedly snatched from off-duty RCMP officer's vehicle

Two men are in custody after a Winnipeg teen was shot with a gun allegedly stolen from an off-duty RCMP officer.

Deputy Winnipeg police chief Danny Smyth said investigators believe the gun was stolen Friday evening from a marked RCMP vehicle parked outside the officer's home.

"The officer's equipment belt including his firearm had been secured in the vehicle," Smyth said Monday. "Police believe the two accused unlawfully entered the vehicle and stole several items, including the firearm, from the off-duty officer."

Just after midnight later that night, the two suspects exchanged words with a group of young people sitting in a vehicle in a convenience store parking lot. Smyth said one of the suspects allegedly approached the car with a gun and took aim at those inside.

A 16-year-old girl was shot once in the upper body and rushed to hospital in critical condition. The shooting was "senseless and reckless" without apparent motive, Smyth said.

"It's not believed that she was the intended target of the attack," he said. "She suffered critical injuries. Her parents are with her and members of the police service send our sincerest hopes for a complete recovery."

Matthew Wilfred McKay, 22, has been charged with two counts of attempted murder, numerous weapons and theft charges. Matthew Andrew Miles, 25, is facing numerous weapons-related charges and a theft charge.

Investigators are still performing ballistics and forensic tests to confirm if the gun used was stolen from the RCMP, Smyth said. THE CANADIAN PRESS

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metro NEWS
Your essential daily news

Canada Post halts community mailbox program. **Business**

A forager's guide to your backyard

BOOK

Manitoban woman shares foraging expertise

Meg Crane
For Metro | Winnipeg

Laura Reeves doesn't shop in the produce section of the grocery store. Ever. And she's teaching Manitobans to follow her lead with her new book, Laura Reeves' Guide to Useful Plants — From Acorns to Zoomsticks.

"Almost all the weeds in our garden are edible," Reeves said. That's what she uses as greens in her salads in the summer. And in the winter?

"I don't expect a nice country salad in the winter," said Reeves. Instead, she eats the plants that she forages and is able to preserve.

In her new book, Reeves shares the uses of 65 plants she forages in Manitoba, including for food, medicine, supplies for rope, fire starters and dyes.

"It's not meant to be a field guide," Reeves said.

Rather, it's meant to help people figure out what to do with plants once they learn how to identify them.

Laura Reeves says most of the weeds in your garden can actually be eaten. HANDOUT

> **"I don't expect a nice country salad in the winter.**
> Laura Reeves

Her book does have 285 photos as some people identify the same plant by different names, but the photos are accompanied by the plants' uses and by her experiences.

"I have stories about experiences that have gone good," she said. But she also shares the bad.

"I'm not ashamed," Reeves said, adding she doesn't want anyone else bringing the smell of pregnant cow urine into their homes or making stew that has them gagging at the thought of eating it.

The book started as notes she made for foraging workshops she teaches.

Her students encouraged her to add photos to the words, which led to the idea for the book.

"I thought it'd be simple to do, but it took three years."

Her book will be launched at McNally Robinson Booksellers on Nov. 3 at 7:30 p.m.

WHAT'S GOOD

Hoodies and squats make for epic month

Ace Burpee

I threw a couple of ideas out this month that deserve some huge thanks. Not so much to the ideas themselves, but to the thousands of people who stepped up to make them work.

The first thing I rolled out was The Hoodie Project for Siloam Mission. I was there in September and was given a heads up that in the fall, they need a major influx of hoodies and jeans. I knew I had a bunch of hoodies to spare, as well as some quality jeans, so I might as well see what else was out there and try and make something happen for our homeless. The results so far have been awesome.

Four thousand hoodies and counting. Three thousand pairs of jeans and counting. So THANK YOU ... to every school, team, individual, family, and business that stepped up. From Marcy, who took the bus from The Maples with her five kids to my work on South Pembina to deliver 50 hoodies ... to the tiny class from Highbury School with the biggest hearts ever. Seriously, thank you.

We also tried to get #SQUATober to be a thing. It was my friend Lindsay's idea. Encourage people to do as many squats as possible for the entire month, post it online, and I'll find sponsors to donate 10 cents for every squat to two very deserving organizations in The Immigrant and Refugee Centre of MB, and Hospitality House Refugee Ministry.

Shout out to National Leasing and Nott Auto Corp for stepping up ... and for everyone who squatted their way to almost 100,000 for the month. Such a cool look for our city!

Two ideas, zero overhead, no administration fees, everything goes directly to the cause ... and all because people made a conscious decision to help. Again, thank you. An epic month.

Ace Burpee is a writer, radio show host, producer and supporter of all things good.

Ace delivers donated hoodies. TWITTER

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TRANSIT TUESDAY

Weekly Transit News Update

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AWARDS FOR THE LOVE OF JETS AND JAMS From left: local sports fan icon Dancin' Gabe Langlois, Mayor Brian Bowman and retiring CJOB traffic reporter Brian Barkley pose at city hall on Monday after Langlois and Barkley were presented with the mayor's Community Service Award. MEG CRANE/FOR METRO

Winnie exhibit bound for bear's namesake

ASSINIBOINE PARK

Owner's war diary, vet tools, photos coming to Winnipeg

An exhibit featuring Winnipeg's ursine star is coming to Assiniboine Park.

Remembering the Real Winnie: the World's Most Famous Bear Turns 100 will arrive in the summer of 2016 at the Pavilion Gallery Museum.

"It has been over a century since Harry Colebourn, a Winnipeg veterinarian and soldier, made a small but historic decision to buy a black bear cub and unknowingly changed the course of children's literature forever," said Trevor Clearwater, director of visitor services at Assiniboine Park Conservancy in a news release.

"We are honoured to share untold parts of this story with Winnipeggers and visitors alike through this historical exhibition."

The animal that inspired the beloved Winnie-the-Pooh COURTESY RYERSON UNIVERSITY

The exhibit was developed in Toronto by the Ryerson Image Centre and the university's Modern Literature and Culture Research Centre.

The story of Colebourn, whose bear cub would later become the inspiration for A. A. Milne's Winnie-the-Pooh, is a familiar one to Winnipeggers. The exhibit will feature photographs, Capt. Colebourn's wartime diaries and veterinary tools as well as a digital archive and interactive exhibition. METRO

IN BRIEF

Winnipeg housing market starts to fall in fall

The CMHC says Winnipeg's hot housing market will begin to cool this fall.

Their latest numbers say housing starts will decrease over the next two years from 3,925 in 2015 to 3,750 in 2017.

While there is expected to be an increase of new houses, that will be offset by a decline in production of apartments and condos, according to a statement released Monday.

Houses are expected to sell for a higher average price, up from $278,000 this year to $286,000 in 2017, they said. METRO

MUSIC IT'S GOING TO BE THE FUTURE SOON

Demi Lovato and Nick Jonas are teaming up at MTS Centre on Aug. 29 as part of Future Now: The Tour. Tickets go on sale to the public Nov. 7 at livenation.com. GETTY IMAGES

HALLOWEEN

Typo led to racism accusation: Owner

The owners of a Winnipeg shop that sells used clothing for children says a tag on a Halloween costume that sparked accusations of racism was the result of a typographical error.

The tag on a toddler costume of traditional indigenous dress read "rubbies."

A photo of the tag ended up being shared on Facebook more than 1,400 times.

Rachel Lyons, one of those who shared the post, says she was shocked, saying that "rubbies" is a derogatory term for someone who drinks a lot, including rubbing alcohol.

Store shop owner Dave Dunlop says the line of costumes is called Rubie's and someone at head office in Minneapolis misspelled it as "rubbies" on the label.

He says the tag was on a full line of costumes, not just the indigenous one, and says those tags have been removed and the costume in question will no longer be sold.

> **Out culture is not a costume.**
> MKO Grand Chief Sheila North Wilson

At least one aboriginal leader opposes the idea of selling aboriginal costumes at all.

"Our culture is not a costume … when our people wear it, it's out of respect and to honour our culture," said MKO Grand Chief Sheila North Wilson.

THE CANADIAN PRESS

BUSINESS

Hoteliers want more VLT, booze revenues

Rural hotel owners used empty beer cases to erect a giant beer-can throne at the Manitoba legislature as part of a bubbling protest over the amount of money they must turn over to the government from alcohol and VLT sales.

The hoteliers laid out a path of cut-out tombstones to the throne during Monday's rally with the word "Hotel" written on them to mark the closure of several rural outlets in the past year.

All hotel vendors in Manitoba can keep 17 per cent from beer revenue alone.

But the Manitoba Rural Hotel Association says owners are left with little money to reinvest in their businesses after paying the government, and they want the province to rethink its take.

Association president Angelo Mondragon says sales at rural outlets are fine, however the government is taking too much.

He notes that Winnipeg outlets get more customers and it's important that owners outside the city get a financial break.

Mondragon said liquor and gaming contributes $580 million to the province.

"A strong business that is growing, that is encouraging people to move back to the rural areas, to work the farms and things like that is better for the province," he said.

The association spokesman said recently that Manitoba was losing a rural hotel every six weeks.

There was no immediate response from the government to the protest. CJOB/CTV WINNIPEG/ THE CANADIAN PRESS

University of Winnipeg president Dr. Annette Trimbee speaks at a press conference about zebra mussels. DAVE BAXTER/METRO

Zebra mussel fight about to 'ramp up'

ENVIRONMENT

Money to boost inspections and public education

Dave Baxter
Metro | Winnipeg

The province said Monday they will not give up on their fight to stop the spread of zebra mussels in Manitoba.

"We have not given up on the health of our great lake," said Conservation Minister Tom Nevakshonoff.

"As Manitobans know we take the health of Lake Winnipeg and all of our lakes seriously."

Nevakshonoff said on Monday the province will put $1 million towards inspections, enforcements and public education, as they try to prevent the spread of the invasive species that was first discovered in Manitoba in the fall of 2013.

Zebra mussels are in Manitoba and impossible to eradicate, but stopping the spread of them to other waterways is crucial, said Nevakshonoff.

"Zebra mussels have been found in Lake Winnipeg, the Red River and recently in Cedar Lake, but there are nearly 100,000 lakes across our province that do not have this aquatic invasive species," said Nevakshonoff.

The province has also brought in University of Winnipeg president Dr. Annette Trimbee to work with them, and provide strategic advice on the issue.

> **At this point the mussels are here and they are not going away.**
> Stu McKay

Stu McKay has run Cats on the Red sportfishing charter business in Lockport for decades, and said people that make their living off the lakes and rivers in Manitoba or use them for recreation are very concerned.

"At this point the mussels are here and they are not going away," said McKay. "And there will be no preventing their spread, so we're just hearing all sorts of nightmarish scenarios about this."

McKay said in the long-term it's going to have an effect on the sportfishing community and the commercial fishing industry.

"It's going to affect the lake in a negative way and have effects on many different aspects."

McKay is also worried about the mussels will do to popular Manitoba beaches.

"Places like Grand Beach will become issues because dead zebra mussel shells will wash up, and it'll be like walking on shards of glass."

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‘You’ll see more money’

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau’s to-do list. Today, we examine his promise to raise taxes on high-income earners and cut them for the middle class.

Michael Woods
Metro | Ottawa

Prime minister-designate Justin Trudeau hugs a supporter as he leaves the stage after a welcome rally in Ottawa on Oct. 20. ADRIAN WYLD/THE CANADIAN PRESS

During his first couple of years as Liberal leader, Justin Trudeau spoke at length about helping the middle class, but didn’t give many specifics on how exactly he would do it.

That all changed on an early May morning at Dinty’s, a casual family restaurant in the west end of Gatineau, Que.

Trudeau announced the Liberals would create a new, fifth tax bracket for high-income earners and use the money to fund a tax cut for middle-income earners.

In other words, a Liberal government would ask the rich to pay more so the middle class can pay less.

The plan, along with the proposed Canada Child Benefit and scrapping income splitting, became a central piece of Trudeau’s “fairness” pitch to so-called middle-class voters.

Less than two weeks before the federal election, Trudeau upped the ante: He said the tax cut would be the first legislation his government would introduce after election day.

“A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class,” he said at a suburban Toronto grocery store on Oct. 9. “You’ll see more money on your paycheques right away.”

Trudeau PROMISES TRACKER

PART II

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

It’s unclear at this point when Parliament will be recalled. Trudeau is appointing his cabinet Nov. 4. But here’s how the plan will work.

The Liberals have said they will create a new, 33 per cent tax bracket for Canadians making more than $200,000 annually. They would also cut the tax rate for people earning between $44,701 and $89,401 from 22 per cent to 20.5 per cent.

> **A Liberal government will introduce, as its very first bill in Parliament, a tax cut for the middle class**
> Prime minister-designate Justin Trudeau

Trudeau has said that will save $670 per person, per year.

The Liberal platform says the two tax changes will be revenue neutral: The $3 billion in tax relief for middle-income earners will be offset by $3 billion in revenue generated by the new tax bracket.

There are questions about who would benefit most from the tax cut.

“They’re calling it a middle class tax cut because it aims at the middle tax bracket,” said David Macdonald, senior economist at the Canadian Centre for Policy Alternatives. “In fact, the people who get the most benefit from the middle class tax cut earn the top 20 per cent of households.”

Macdonald said to fully benefit from the proposed tax break, people would have to earn a greater amount than the top of the bracket.

“You have to make at least $89,000 personally to benefit from the full value of this tax break,” Macdonald added. “That’s three times the median income.”

However, Macdonald said the Liberal platform has progressive elements, such as the Canada Child Benefit, which will do much for families with children, as well as boosting the guaranteed income supplement, which will help seniors.

Names vying for top spot

The race for interim leader of the Conservative Party already has several candidates, and several more have confirmed they are not running. Metro compiles a list of who’s in and who’s out.

WHO’S IN?

1 Erin O’Toole
Veterans Affairs Minister

2 Rob Nicholson
Minister of National Defence

3 Diane Finley
Minister of Human Resources

WHO’S OUT?

1 John Baird,
Former foreign affairs minister

2 Mark Mulroney
Son of former prime minister Brian Mulroney

3 Jean Charest
Former premier of Quebec

METRO WITH FILES FROM THE CANADIAN PRESS

OFFICIAL RESIDENCE

Trudeaus to move into Rideau Cottage

Justin Trudeau will not move into the traditional prime minister’s residence at 24 Sussex Drive in Ottawa, at least until further notice.

Instead, the prime minister-designate and his family will live at Rideau Cottage, a 19th-century home on the grounds of Rideau Hall, the governor general’s residence.

The cottage is actually a two-storey Georgian Revival brick home built in 1866-67 to serve as a home for the secretary to the governor general.

Annabelle Cloutier, a spokeswoman for Rideau Hall, said this will be the first time a prime minister has lived on the grounds of the governor general’s residence.

Rideau Cottage is in an area not normally open to the public, but extra security will be provided on its perimeter.

The residence at 24 Sussex has been in need of repairs for years. In 2008, the National Capital Commission estimated repairs would cost about $10 million and would require full access to the residence for at least one year. THE CANADIAN PRESS

Rideau Cottage, on the grounds of Rideau Hall in Ottawa on Monday. Prime minister-designate Justin Trudeau announced he would move into the residence. ADRIAN WYLD/THE CANADIAN PRESS

IN BRIEF

Problems dog data centre move for commission
The move of the Public Service Commission’s systems from a data centre in Ottawa to one north of Toronto appears to have cost time and effort after services failed. The details are in an undated briefing note to the president of Shared Services Canada, the government’s super-IT department. Physical distance and a cut cable have been cited as reasons for outages and degradation in application performance.
THE CANADIAN PRESS

Public sector workers begin rotating strikes
Public sector workers in Quebec began a series of rotating strikes across the province on Monday to protest lagging contract talks with the provincial government. Thousands of teachers, health care workers and support staff were off the job in a number of regions and their colleagues will take turns demonstrating in different parts of the province until Thursday.
THE CANADIAN PRESS

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Info on sinking victims released

BRITISH COLUMBIA

Five killed in boat capsizing were British, officials say

All five people who died after a whale-watching ship sank off the west coast of Vancouver Island were British nationals, Britain's Foreign Office confirmed Monday.

"My thoughts are with the family and friends of all those affected by this terrible accident," British Foreign Secretary Philip Hammond said in a statement, adding consular staff in B.C. are supporting grieving family members.

The B.C. Coroners Service said Monday those who died ranged in age from 18 to 76, and that four of them were men.

Three of the dead were from Britain, while two of the British nationals were living in Canada. The woman was from B.C., and a man lived in Ontario, the service said.

A tour boat with 24 passengers and three crew members on board sank Sunday afternoon about 15 kilometres northwest of Tofino, B.C.

First responders managed to rescue 21 passengers, some of them injured. The search for one person still missing was called off Sunday night.

Boats from the nearby Ahousaht First Nation that answered the ship's mayday call on Sunday around 4 p.m. found it partially submerged.

Authorities have not said what might have caused the boat to sink.

Kelsey Rix and two other health-care workers were on a Tofino dock Monday preparing to leave for the village of Ahousaht.

The community health nurse said they'll be checking on the well-being of those who tried to help people thrown into the water.

"The local First Nations were the first in the water and the first to pull out the victims," she said.

Valerie Wilson, with the Island Health authority, said four people remain in different hospitals around the province. All of them are listed in stable condition, she said.

Wilson said 18 other people aboard the vessel have been assessed, treated and released from hospital in Tofino.

Robert Burridge of Nanaimo, B.C., was in Ahousaht on Sunday afternoon and estimates that every available vessel in the village was in the water searching for missing people.

"The Ahousahts were the first on the scene," he said. "They know these waters. They have a custom not to leave a body out at sea."

Ahousaht First Nation Coun. Tom Campbell was on the Tofino waterfront and watched as rescue personnel brought several of the survivors ashore.

"Their looks tell the whole story," he said by phone from Tofino. "You can't describe looks on people that are lost. They look totally lost — shocked and lost."

The mayor of Tofino commended locals for their contributions.

"Everybody's heart is just breaking for what's going on here and wanting to be as helpful as possible," Josie Osborne said by phone late Sunday.

Michael Harris, executive director of the Pacific Whale Watching Association, said the whale-watching community is in shock over the incident.

THE CANADIAN PRESS

Canadian Coast Guard crew arrive at a dock in Tofino, B.C., shortly after midnight Monday following a search-and-rescue operation on Sunday involving a whale-watching boat with 27 people on board that capsized near Vancouver Island. Authorities have not said what might have caused the boat to sink. CHAD HIPOLITO/THE CANADIAN PRESS

STATEMENT

The 20-metre boat, the Leviathan II, belonged to a local whale-watching company called Jamie's Whaling Station.

It issued a statement saying its entire team was heartbroken by the tragic day.

"We are doing everything we can to assist our passengers and staff through this difficult time," owner Jamie Bray said. "We are co-operating with investigators to determine exactly what happened."

FIRST NATIONS

Reserves don't have to open books pending ruling: Judge

A federal court judge has ruled five First Nations don't have to open their books to the public pending a challenge to a federal law.

The First Nations Financial Transparency Act, passed in 2013, requires all reserves to post salaries and audited financial statements online.

The reserves challenging the law say it is unconstitutional based on their treaty and aboriginal rights.

Ottawa took the five bands — Sawridge and Athabasca Chipewyan First Nations in Alberta and Thunderchild, Ochapowace and Onion Lake bands in Saskatchewan — to court earlier this year for not filing their information.

Court cases are also pending against another three reserves: Roseau River Anishinabe in Manitoba, Liard First Nation in Yukon and Algonquins of Barriere Lake, Que.

Judge Robert Barnes wrote in his decision, released Friday, that the government has the right to enforce its law until the challenge is heard.

But "the greater public interest favours the respondent First Nations and their right to move forward with their litigation in the absence of the encumbrance of the attorney general's competing application."

The government has withheld funding from dozens of reserves that haven't released their information by a set deadline.

Chief Wallace Fox said in an affidavit that the government has kept slightly more than $1 million in funding from Onion Lake. THE CANADIAN PRESS

ONION LAKE

The judge also ruled against the Onion Lake band's request to have the government return so-called "non-essential" funding it has withheld since November 2014, when the reserve stopped releasing its financial information. Barnes said in his decision that there wasn't enough evidence to prove the reserve has suffered "irreparable harm."

POLITICS

Canada's U.S. ambassador says his stint will end soon

Canada will soon have a new ambassador to Washington.

Gary Doer has confirmed he'll be leaving Canada's most important diplomatic post once he's helped the new Liberal government with its transition.

The sports-loving ambassador made the announcement in characteristic fashion: with a hockey metaphor.

Repeating a phrase he's often used when asked how much time he has left, Doer described himself as being in "double-overtime" — and, in his first interview since Canada's federal election, he made it clear there will be no triple-overtime.

The former NDP premier of Manitoba was appointed six years ago, making his stint in Washington longer than the vast majority of his recent predecessors.

Doer was selected by Prime Minister Stephen Harper in the hope that his left-of-centre roots and social network might help relations with the then-rookie Obama administration.

While much of the chatter about Canada-U.S. relations over the last six years has focused on the Keystone XL pipeline irritant, the era also witnessed a series of successes on Canadian priorities.

The latter include a deal to unclog border crossings; Canada's entry into the Trans-Pacific Partnership trade negotiations; an agreement on a new Detroit-Windsor bridge that bypassed opposition in the U.S. Congress; anti-red-tape measures; and a coveted classification of Canadian hydro power as a renewable energy.

THE CANADIAN PRESS

Gary Doer THE CANADIAN PRESS FILE

BANGLADESH

Suspects nabbed in aid worker's death

Police in Bangladesh have arrested four suspects in the killing of an Italian aid worker last month and said Monday that the alleged gunmen had confessed to being hired to attack "a white man" in order to destabilize the impoverished South Asian nation.

Cesare Tavella was gunned down by motorcycle-riding assailants Sept. 28 while jogging in the diplomatic quarter of Dhaka, Bangladesh's capital. Five days later, a Japanese citizen was killed in a similar attack in northern Bangladesh.

The killings spooked the country's expatriate community and threatened its fragile economy, which is heavily reliant on foreign aid and a $25-billion garment industry supplying clothing for international brands.

Responsibility for the attack on Tavella was quickly claimed by the Islamic State of Iraq and the Levant (ISIL), but Bangladesh's government rejected the claim and said there was no evidence the group had any presence in the country. It also rejected ISIL claims for killing the Japanese man and for the bombing of a Shiite procession over the weekend that left a teenage boy dead and more than 100 people injured.

Bangladesh has instead accused domestic Islamist militants along with Islamist political parties of orchestrating the violence to destabilize the already fractious nation. THE ASSOCIATED PRESS

BACKGROUND

Experts say a government crackdown on radical groups has left some of the country's more hard-line Muslims feeling alienated and has led to a resurgence in activity by Islamic extremists. Last week, an email purportedly signed by the banned Ansarullah Bangla Team militant group and sent to Bangladeshi media threatened more attacks on atheist bloggers as well as on working women and media that criticize "jihad."

Bangladesh police, standing behind, present four suspects they arrested in the killing of an Italian aid worker last month, in Dhaka, Bangladesh, on Monday. A.M. AHAD/THE ASSOCIATED PRESS

Refugees from Syria and Iraq disembark on the Greek island of Lesbos on Monday after arriving with 120 others on a wooden boat from the Turkish coast. SANTI PALACIOS/THE ASSOCIATED PRESS

Fighting displaces 120K Syrians: UN

MIDDLE EAST

October exodus adds pressure to the country's crowded camps

At least 120,000 people have been displaced in Syria this month because of fighting, according to UN humanitarian officials.

The UN Office for the Coordination of Humanitarian Affairs said the people fled their homes in the Aleppo, Hama and Idlib governorates between Oct. 5 and Oct. 22.

NO PEACE PLAN YET

The international effort to revive a peace plan for Syria fell short again on Friday, as top diplomats from the United States, Russia, Saudi Arabia and Turkey met in Vienna to toss around ideas on how to restart talks on a political transition in Syria.

They failed to agree on any concrete steps other than to meet again, probably this week.

And after years of on-and-off talks, the four countries remain deeply divided on the most contentious issue: the future of Syrian President Bashar Assad.

UN spokesman Stephane Dujarric said Monday that most remain in the three governorates but some have fled to camps near the Turkish border. He said most people in Aleppo moved toward villages and towns in the countryside west of the city.

Dujarric said the displaced Syrians need tents, basic household items, food, water and sanitation services.

He said the UN's humanitarian partners are scaling up their response, and distribution of cooked and ready-to-eat food has started to those displaced in the three governorates but needs to be stepped up.

The UN report largely matches up with a similar report Monday by the Norwegian Refugee Council, which estimated that 100,000 Syrians have been displaced in the last three weeks by the recent surge in fighting following the start of an airstrike campaign by the Russian military.

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EU CRISIS

Migrants surging across Balkans

The surge of migrants crossing the Balkans on their way to Western Europe continued unabated on Monday in the hours after European leaders reached an agreement to slow the flow that has heightened tension among nations along the route.

European Union leaders committed to helping the Balkans handle the flow of people making their way through the region en route to more prosperous countries. But with cold weather setting in and record numbers of people arriving, questions remain about whether that assistance can come quickly enough to make a difference.

"This is a step in the right direction and now it is crucial to respect the commitments," said Slovenian Prime Minister Miro Cerar.

Croatian police said Monday more than 13,000 migrants arrived from Serbia in the past 24 hours, while Slovenian police reported nearly 10,000 arrivals from Croatia in the same period. Further west, some 3,500 people had to sleep outside in Austria in cold fall weather, while Germany said it had seen 15,000 arrivals over the weekend.

The EU leaders committed to bolster the borders of Greece as it struggles to cope with the wave of refugees from Syria and beyond who cross over through Turkey. They agreed reception capacities should be boosted in Greece and along the Balkans migration route to shelter 100,000 more people as winter looms and additional EU border watchdog agency officials will be deployed to monitor the flow. THE ASSOCIATED PRESS

This is a step in the right direction.
Miro Cerar, PM of Slovenia

A migrants reception facility is seen in Brezice, Slovenia. Thousands of people are trying to reach northern Europe via the Balkans. ELDAR EMRIC/THE ASSOCIATED PRESS

IN BRIEF

Abbas seeks EU help to ease crisis with Israel

Palestinian leader Mahmoud Abbas came to European Union headquarters Monday to seek the bloc's help with the crisis with Israel. There have been almost daily Palestinian attacks against Israeli civilians and security forces. In the past five weeks, 10 Israelis have been killed in Palestinian attacks, while 51 Palestinians have been killed by Israeli fire, including 30 said by Israel to be attackers and the rest in clashes. Abbas said a cause of the flare-up is Israel's refusal to honour an arrangement governing a sensitive holy site in Jerusalem revered by both Jews and Muslims. THE ASSOCIATED PRESS

Victims of Monday's earthquake receive treatment at Ayub Medical Hospital in Abbottabad, Pakistan. The earthquake reverberated across Asia and took a massive toll in the mountain regions near the Afghan-Pakistan border. AQEEL AHMED/THE ASSOCIATED PRESS

Afghanistan reeling from massive quake

SOUTH ASIA

7.5-magnitude event causes widespread death, damage

A massive earthquake struck remote and impoverished regions of northern Afghanistan and Pakistan on Monday, killing at least 263 people as it shook buildings across South Asia and knocked out power and communications to already-isolated areas.

The 7.5-magnitude quake was centred deep beneath the Hindu Kush mountains in Afghanistan's sparsely populated Badakhshan province, which borders Pakistan, Tajikistan and China, the U.S. Geological Survey said.

In the Afghan capital of Kabul, buildings shook for 45 seconds, walls cracked and cars rolled in the streets as electricity went out. Workers who had just returned from lunch rushed from swaying buildings in the Pakistani capital of Islamabad and to the south in the Indian capital of New Delhi.

At least 228 people were killed in Pakistan, with more than 1,000 injured, while Afghan officials reported 33 dead and more than 200 injured, and authorities in the Indian-controlled Kashmir region reported two deaths. Officials expected the casualty toll to rise as they reached the remote areas.

Authorities struggled to reach the hardest-hit areas in Afghanistan near the epicentre, located 73 kilometres south of Fayzabad, the capital of Badakhshan province.

Afghanistan's President Ashraf Ghani sent condolences to those who lost relatives and property and appointed an "assessment committee" to ensure emergency relief reached the needy as soon as possible, his office said. THE ASSOCIATED PRESS

AID

The U.S. has emergency shelters and kits stored in Afghanistan that could be used for aid there. Pakistan's army chief Gen. Raheel Sharif, has ordered troops to respond to affected areas in his country. THE ASSOCIATED PRESS

DEMOCRACY

Roundup: Voters around the world cast ballots in elections

HAITI

Haiti's voters have spoken. But nobody's quite sure what they've said.

Even tentative results of Sunday's presidential election likely won't be known for at least 10 days, despite the fact the election, which involved 54 presidential candidates and tens of thousands of contenders for other races, went unusually smoothly.

Haitian and international rights groups said voting was

largely free of any disorder.

POLAND

Official results from Poland's parliamentary election on Monday confirmed the right-wing Law and Justice party took more votes than any other group.

The country's election authority said Law and Justice won 37.6 per cent of the vote in Sunday's parliamentary election.

UKRAINE

Four exit polls from Ukraine's local elections released Monday indicated the governing coalition would retain its dominant position in the west and centre of the country despite widespread disappointment with

President Petro Poroshenko's government.

In the south and east, voters favoured the Opposition Bloc, formed from the remnants of the party of the former pro-Russia president.

More than 130 parties fielded candidates. Complete results are expected Nov. 4.

ARGENTINA

The top 2 presidential candidates in Argentina reset their campaigns Monday after a razor-close election vote forced a runoff and cast doubt on the legacy of President Cristina Fernandez.

GUATEMALA

Now that former comedian

Jimmy Morales has ridden a tide of voter frustration to win Guatemala's presidency, it remained unclear Monday about what the political neophyte might do once in office. THE ASSOCIATED PRESS

Canada Post suspends community mailboxes

POSTAL SERVICE

Decision affects nearly half a million households

The country's national mail carrier has halted the installation of community mailboxes, one week after the Trudeau Liberals were elected with a pledge to scrap the move away from door-to-door delivery.

"Canada Post is temporarily suspending future deployment of the program to convert door-to-door mail delivery to community mailboxes," the Crown agency said in an email.

The move means nearly half a million households that were to be converted over the next two months will keep their current mail service.

"Efforts are now underway to place the comprehensive program on hold in an orderly fashion," said the statement.

"Customers impacted by this decision will receive a letter within the next few weeks advising them of the status of their mail delivery service."

But those already converted over the last 10 months will not get door-to-door service back — at least not under Canada Post's current plan.

The union representing postal employees said it was elated with the news. But the Canadian Union of Postal Workers will be pushing the Liberal government to reverse the cuts to postal services that have been made so far, said the organization's national president.

"I think the people of this country spoke quite clearly last Monday," said Mike Palecek.

"We also need to look at restoring the home mail delivery to those who have already lost it," Palecek added.

"And we need to look at having a public mandate review for Canada Post about exactly what direction we want this Crown corporation to go."

Canada Post announced in 2013 a plan to phase out door-to-door delivery and cut up to 8,000 jobs as home mail delivery revenues continued to decline. THE CANADIAN PRESS FILE

WHERE IT STANDS THIS YEAR

Mail volumes decline but overall revenues increase

Canada Post reported in May that letter mail volumes fell 8.4 per cent in the first quarter of 2015, or by 41 million pieces, compared with the same period a year earlier. At the same time, however, the agency said it recorded a 10-per-cent increase in overall revenues and a before-tax profit of $24 million in the first three months of the year, contrasting with a $37-million loss during the same quarter in 2014.

CUPW has been pushing Canada Post to expand its business into ventures such as postal banking services, similar to those adopted in other countries including the United Kingdom and France.

Liberal Leader Justin Trudeau promised during the election campaign to reverse cuts to door-to-door mail delivery that were begun under the Harper Conservative government.

And with the Liberals elected to a majority government, some Liberal MPs said they were getting an earful from constituents who wanted to know why the boxes were still being installed.

There were several localized protests against the installations in Ontario and Newfoundland and Labrador, with some people defiantly taking to standing or lying on dirt piles to prevent workers from placing cement foundations for the mailboxes.

THE CANADIAN PRESS

PHARMACEUTICALS

Valeant fires back at Citron Research

Drug maker Valeant Pharmaceuticals is asking U.S. securities regulators to investigate Citron Research, whose explosive report about the Quebec-based company's business practices caused its stock to crater.

Chief executive Michael Pearson told analysts Monday that the main reason for Valeant's recent problems is that it is the victim of false allegations by outsiders who want to manipulate the market to their own profit.

Pearson says he has called on the Securities and Exchange Commission to investigate Citron Research and Andrew Left, its executive editor, after the U.S. short seller compared Valeant to Enron, the U.S. energy firm that collapsed after widespread deception and fraud at the highest levels of management.

"His motivation is the same as someone who runs into a crowded theatre to falsely yell 'fire'," Pearson said. "He intentionally designed the report to frighten our shareholders to drive down the price of our stock so he could make money for his short selling."

THE CANADIAN PRESS

RETAIL

Bay plans discount U.S. fashion chain

Hudson's Bay Co. is bringing a new discount fast fashion option to the United States.

The Canadian department store chain operator says it hopes to attract young shoppers on the hunt for cheap and trendy threads with Find @ Lord & Taylor. The offshoot of its Lord & Taylor department store chain will stock name brands at prices reduced by as much as 70 per cent.

Styles hot off the runway have been soaring in popularity over the past decade, led by European low-priced chains like H&M and Zara. As those companies rapidly expand into smaller markets, they've attracted more people who might have once spent their money at department stores.

Hudson's Bay Co. says its new Find @ Lord & Taylor stores will offer a selection of women's, men's and kids apparel, as well as footwear and home furnishings.

THE CANADIAN PRESS

IN BRIEF

CMHC sees slowdown

A rise in the inventory of unsold homes, higher prices and mortgage rates and an increase in the supply of rental units are all expected to cool the housing market over the next two years, Canada Mortgage and Housing Corp. said Monday.

THE CANADIAN PRESS

market minute

DOLLAR 75.97¢ (+0.07¢)

TSX 13,790.90 (-162.76)

OIL $43.98 US (-62¢)

GOLD $1,166.20 US (+$3.40)

NATURAL GAS: $2.062 US (-22.4¢)
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metro VIEWS
Your essential daily news
Tuesday, October 27, 2015

EMMA TEITEL

It's too early to tell what the PM's pot-friendly Canada will look like. But what it won't look like, I'd wager, is a land full of sober teenagers.

Everybody wants success, but few know what to do with it. The American poet Dorothy Parker said it best when she wrote: "If I should labor through daylight and dark/ Consecrate, valorous, serious, true/ Then on the world I may blazon my mark/ And what if I don't, and what if I do?"

Justin Trudeau is familiar with the sentiment: there are equal parts joy and dread in having one's dreams come true. The Liberals' rapid rise means a party previously down and out must deliver on some very big promises.

Trudeau campaigned on legalizing and regulating marijuana, something he believes will limit youth access to pot by eroding the black market. But beyond vague assurances that legalization and regulation are good and prohibition is bad, his party hasn't yet informed the public about when or how exactly its legal pot plan will materialize.

The argument that legalization will keep weed away from youth is unconvincing.

"Between now and Nov. 4, our commitment is forming a new government," says Liberal spokesman Cameron Ahmad. Legalization, he adds, will "ensure that criminal organizations don't benefit from government policy that isn't working."

Pot activists, meanwhile, are having a Dorothy Parker moment of their own, ambivalent about the future. Hugô St-Onge, spokesperson for the Bloc Pot — a pro-cannabis party in Quebec — is happy to see a weed-friendly PM in office but worries the Liberals' proposed regulation will be too strict and too expensive to stymie organized crime.

Government officials in Colorado warn that legalization is rife with complications. Trudeau may not be thinking in great detail about an issue his party has filed under "to do after Nov. 4."

It's too early to tell what a pot-friendly Canada will look like. But it won't be, I'd wager, a land of sober teenagers.

Yes, legal weed may erode the black market, but the argument that legalization will keep weed away from youth is unconvincing. Regulation may curb organized crime's influence but it cannot eliminate another pesky criminal entity: the older sibling who — out of kindness or for the right price — is willing to assist a younger sibling. Which is to say, alcohol is legal and regulated, but that does not prevent irresponsible brothers and sisters of legal drinking age (bless them) from stocking the fridge with beer for their siblings' parties.

A Canada with legal weed will likely be a Canada in which more people are stoned. That some of those people may be teens is disturbing to many. But parents wary of Trudeau's promise might take comfort in the possibility that legalization will eliminate the criminal stigma, making it easier to ask kids about pot.

In a world where pot is illegal, the message to youth is a) It should be avoided at all costs and b) It's totally cool to overindulge, and anyone who suggests otherwise is a blowhard. Legalization will not solve all our problems but it will make it clear the truth lies somewhere in the middle.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean's magazine for the past four years, focusing on a wide range of subjects including women's issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

Fixing transit is more than patching potholes

YOUR RIDE
Colin Fast

It was one of the biggest planks in his election campaign, and the first thing he talked about after the federal vote, but when Mayor Brian Bowman shuffled the mix of city council committees last week, it was also the biggest omission.

Transportation.

To be fair, Bowman did introduce a new committee focused on water and waste issues, which is much needed given the massive financial commitments the city will have to make in this are over the next decade.

Including the word 'transportation' in the name of a committee may seem like a trivial issue, but it sends a message about priorities.

He also added a new committee to foster innovative new approaches to delivering city services, which might be the only way council will be able to afford to pay for all those projects.

But transportation is once again buried under the catch-all committee name of "infrastructure renewal and public works."

For the past decade, politicians have been banging the drum for infrastructure renewal. And there's no doubt we have plenty of infrastructure that needs overhauling, from bridges to community centres to drainage pipes.

But often the focus is purely on fixing potholes. And as much as everyone would enjoy a smoother commute to work, simply patching up old roads isn't going to advance our city or prepare us to grow the population up to one million people.

Figuring out how we're going to get all those people to the places they want to go will be one of the biggest challenges we face over the next decade, and transportation will likely be the defining issue of the Bowman era of civic politics.

Will the bus rapid transit system continue to grow, will it spark new development along its lines, and will it convince enough people to leave their cars at home?

How can we redesign our roads so that biking and walking are given equal priority to cars, and can become equal choices in the minds of commuters, students and other city dwellers?

And where will we get the most strategic — not political — bang for our buck when it comes to investing in new transportation projects, such as widening Kenaston Boulevard, building an underpass on Marion, expanding the Chief Peguis Trail or rebuilding the Arlington Bridge?

Including a single word in the name of a committee might seem like a trivial issue in light of the gargantuan questions facing city council, but it sends a message about priorities. It says our civic leaders won't simply fixate on potholes, but will focus on improving the entire transportation system instead.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

ROSEMARY WESTWOOD
metroview

Anti-choicers don't just hate abortion, they hate vaginas

Yeast infections! Yeast infections! Shout it with me: Yeeeaaasssst infeeections!

Fun, right?

But, also: effective.

I don't mean the infections themselves, though they are effective at causing extreme itchiness (God bless antifungal cream).

No, I mean shouting "yeast infections" breaks up anti-Planned Parenthood protests faster than Angry Con derails a Harper rally.

Women might be susceptible to the discomfort of Candida albicans (vaginal yeast), but Planned Parenthood demonizers? They're allergic to just the words. Admittedly, it takes a few doses. Try chanting "yeast infections!" over and over for 20 minutes. Add a high kick or two. Should do the trick.

For this treatment, we can thank Mary Numair, a 29-year-old from Portland, Ore.

It all started Sunday, when protesters, one carrying an "Abortion Kills Children" sign, began marching outside the cat rescue where Numair works. So, she got started with her own cardboard sign: "Dear P.P., Thanks for helping with my yeast infections!" Decorating the sign with hearts, a stick figure with breasts and a close-up of a vagina, Numair infiltrated the crowd.

"I did get called a whore," she told Slate magazine. "One woman was shaking her head. I knelt down to her kid and said, 'Do you know about yeast infections?'"

"I don't know why I started chanting.... It just came out," she said. "And I started doing high kicks, which I don't normally do in my skinny jeans."

Though the protesters tried to ward her off by praying for her, they eventually couldn't take it anymore and left. She posted her win on Instagram and told Slate she's convinced her tactics will work for others. (I reached out to Numair but didn't hear back.)

This event is instructive. Numair has shown that anti-choicers don't only hate abortion, they find actual vaginas icky. (Sticky, I'll grant you, but wonderful.)

Planned Parenthood has been vilified for a video about its fetal tissue donation program. It's fighting to survive defunding attacks from state and federal politicians, while women, by dint of geography, means or insurance status, are increasingly denied the right to abortions and other crucial health services PP provides.

So, you can see why pro-PP protesters need all the ammunition they can get — and Numair's chant has opened up a plethora of explicitly genital-related choices. Vagina! Labia! Bladder infection! Chlamydia!

The more graphic, the better. The protesters are bound to disperse, thanks to the imagery you've conjured up. Feel free to get creative and hit them where it hurts.

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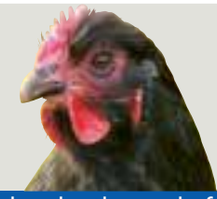


McDonald's Canada to remove antibiotics used in humans from its chicken by the end of 2018.

The healing power of hip hop

MEDICINE

Doctors use popular lyrics to fight mental health stigma

Dr. Akeem Sule, left, and Dr. Becky Inkster write about the connection between hip hop, mental health and drug culture. TORSTAR

The lyrics of hip hop greats are filled with imagery about mental illness, addiction and overcoming struggles — from musings on the dangerous power of alcohol in Kendrick Lamar's 2012 song Swimming Pools to the portrait of an obsessive fan in Eminem's 2000 track Stan.

With that connection in mind, two rap-loving researchers have launched Hip Hop Psych, a mental health awareness initiative using the genre for anti-stigma campaigns and outreach work in prisons, schools and hostels.

The pair have written about the connection between hip hop and mental health and drug culture for major medical journals such as The Lancet and the Journal of Public Mental Health.

Here, psychiatrist Dr. Akeem Sule, based out of the Cumbria and South Essex NHS Trusts in the U.K., and Canadian neuroscientist Dr. Becky Inkster, a University of Toronto grad who's now working in the psychiatry department of the University of Cambridge, talk about how the genre can break down stigma.

What, exactly, is Hip Hop Psych all about?

AS: When you look at the origins of hip hop, you find out it happened in south Bronx at a time when there was economic collapse and the plight of African-Americans and Hispanics was really bad. But out of this same culture came a multibillion-dollar industry. What Becky and I believe is that, when you look at the hip hop lyrics, you can actually see snippets of mental-health problems — but also look at resilience.

BI: It's often really difficult to get these medical messages across. There's so much research and knowledge out there, but it falls short of actually reaching the people. This is such a different, unique way of delivering the information in a way people can relate to.

What does your outreach work look like?

AS: Our outreach work has involved prisons, where we dissect lyrics which have a focus on resilience. We talked to the prisoners and identified lyrics which we dissected with emphasis on resilience (eg. positive visual imagery, cognitive reframing.) We also talked about mental-health problems highlighted in the lyrics … the prisoners felt able to open up about mental-health problems they had been experiencing in a way that would not have been possible if hip hop lyrics were not used.

> **It doesn't sugar coat anything and the message comes from the heart.**
>
> Dr. Becky Inkster on why hip hop is an effective tool for mental health outreach work

So what's special about hip hop? Why this versus another genre?

BI: It tends to be really raw in terms of the message. So it doesn't sugar coat anything and the message comes from the heart. It's often about socio-political struggles, self-expression, equality, fighting for what you deserve.

AS: It kind of focuses on the underdog, the underclass. What could be more relevant? Hip hop is really good at reaching hard-to-reach communities.

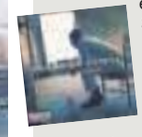
TORSTAR NEWS SERVICE

THE MESSAGE

Deconstructing some of our favourite songs

• Notorious B.I.G.'s Juicy

"It's about aspirations. There is some interesting research about people having future-positive visual imagery. In this track, Biggie's actually doing that. It's a way of developing resilience," says Dr. Sule



• Kendrick Lamar's Swimming Pools

"If you hear it, it sounds like a horrible, horrible message about alcohol misuse. It's actually about a kid going through hard struggles and trying to make the right decisions while his environment, and pressures around him, are fighting against him," says Dr. Inkster.

• Eminem's Stan

"Stan is very interesting, because you see all kinds of materials covered, from attachment difficulties at a young age to the implications of self-harm and drug addiction," says Dr. Sule.

LAMAR ODOM

Health Canada takes aim at so-called herbal Viagra

Devon Scoble
For Metro Canada

Both Health Canada and the FDA have published warnings against so-called "herbal Viagra" after Lamar Odom, former Los Angeles Lakers forward and estranged husband of Khloe Kardashian, landed in a coma earlier this month following a bender at a Nevada brothel.

Witnesses and a spokesperson for the Love Ranch report that before his collapse, Odom took cocaine, alcohol and up to 10 natural sexual performance enhancers, including Reload and Libimax Plus.

Health Canada and the FDA warn against Reload — one of many natural supplements that go by the loose street name herbal Viagra — citing undeclared ingredients that could prove dangerous when taken with other drugs.

It's difficult to confirm the availability of herbal Viagra in Canada, but Maryse Durette, a spokesperson for Health Canada, warns against unregulated foreign supplements that may enter the marketplace via travellers or the Internet.

> **'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural,' either.**
>
> Maryse Durette, spokesperson for Health Canada

Often these products contain undeclared ingredients, including those found in legitimate, prescription-only erectile dysfunction drugs like Viagra and Cialis.

"Undeclared ingredients are dangerous, potentially deadly," says Durette.

"If you don't know what you're taking, then you can't know how it will interact with your regular prescriptions, your diet, your allergies or health conditions. 'Natural' doesn't always mean safe and when you're dealing with unregulated products, it doesn't necessarily mean 'natural', either."

Outrageous drug names prevail, and distinguishing approved supplements (like Horny Goat Weed) from banned ones (like Cave Diver, Get It Up and Reload) requires both caution and common sense.

Durette reminds consumers that approved natural health products, or NHPs as they are sometimes referred to as, can be identified by an eight-digit natural product number (NPN) or homeopathic medicine number (DIN-HM).

When in doubt, check Health Canada's database and always consult your health-care provider before taking supplements.

Health Canada warns that drugs promoted for weight loss, body building, erectile dysfunction, sleep problems, inflammatory conditions and treatment of diabetes are particularly prone to adulteration.

EVERYDAY LIFE

Other cancer-causing substances

Alcohol: The U.S. Department of Health and Human Services' National Toxicology Program lists consumption of alcoholic beverages as a known human carcinogen. According to its Report on Carcinogens, an estimated 3.5 per cent of all cancer deaths in the U.S. in 2009 (about 19,500 deaths) were alcohol related. Another report found that people who consume about 3-and-a-half drinks per day have at least a two to three times greater risk of developing head and neck cancers than nondrinkers.

Sunlamps: Exposure to sunlamps or sunbeds is known to be a human carcinogen based on sufficient evidence from studies in humans, according to the NTP. Studies show exposure to sunlamps or sunbeds increases the risk of malignant melanoma. In addition, the longer the exposure, the greater the risk, especially in individuals exposed before the age of 30.

Air pollution: Outdoor air pollution was added to the IARC's list of carcinogens in 2013. The agency said there is sufficient evidence that exposure to outdoor air pollution causes lung cancer, and it also noted a positive association with an increased risk of bladder cancer. The agency said that in 2010, 223,000 deaths from lung cancer worldwide resulted from pollution.

Smoking: Tobacco smoke was added to the National Toxicology Program's 9th report in 2000. The IARC links tobacco smoking with lung, bladder, lip cancers, stomach, liver and kidney cancers, among others. Tobacco kills around 6 million people each year.

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Cured meats linked to cancer: WHO

TORSTAR NEWS SERVICE/FILE

PROCESSED FOODS

Daily intake increases risk of some cancers

Hot dogs, bacon, cold cuts and other processed meats raise the risk of colon, stomach and other cancers, and red meat probably contributes to the disease, too, the World Health Organization said Monday, throwing its considerable authority behind what many doctors have been warning for years.

WHO's cancer agency analyzed decades of research on the subject and issued its most definitive statement yet, putting processed meats in the same danger category as smoking or asbestos, though that doesn't mean, say, salami is as bad as cigarettes.

The meat industry protested the classification, arguing that cancer isn't caused by a specific food but also involves lifestyle and environmental factors.

A group of 22 scientists from the WHO's International Agency for Research on Cancer in Lyon, France, evaluated more than 800 studies from several continents about meat and cancer.

The studies looked at more than a dozen types of cancer in populations with diverse diets over the past 20 years.

Based on that evaluation, the IARC classified processed meat as "carcinogenic to humans," noting links in particular to colon cancer.

It said red meat contains some important nutrients, but still labelled it "probably carcinogenic," with links to colon, prostate and pancreatic cancers.

The agency said it did not have enough data to define how much processed meat is too dangerous, but said the risk grows with the amount consumed.

Analysis of 10 of the studies suggested that a 50-gram portion of processed meat daily — or about 1.75 ounces — increases the risk of colorectal cancer over a lifetime by about 18 per cent.

An ounce and three-quarters is roughly equivalent to a hot dog or a couple of slices of bologna, though it depends on how thinly it is sliced.

> **"The global impact on cancer incidence is of public health importance,"**
> Dr. Kurt Straif

"In view of the large number of people who consume processed meat, the global impact on cancer incidence is of public health importance," Dr. Kurt Straif of the IARC said in a statement. The cancer agency noted research by the Global Burden of Disease Project suggesting that 34,000 cancer deaths per year worldwide are linked to diets heavy in processed meat — compared with 1 million deaths a year linked to smoking, 600,000 a year to alcohol consumption and 200,000 a year to air pollution.

Doctors in rich countries especially have long warned that a diet loaded with red meat is linked to cancers, including those of the colon and pancreas.

Overall, the lifetime risk of developing colorectal cancer is about one in 20, or about five per cent, according to the cancer society. This risk is slightly lower in women than in men. Ian Johnson,

THE ASSOCIATED PRESS

With Adele's new single, the secret is finally out

MUSIC

Producer, co-writer of Hello says keeping mum was hard

Adele performs during the Oscars in 2013 at the Dolby Theatre. Released Friday, Adele's Hello has topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million. CHRIS PIZZELLO/INVISION/THE ASSOCIATED PRESS

Getting into the studio and writing a potential hit song for Adele sounds hard enough. Now add keeping mum about the track for a year.

That's the challenge Greg Kurstin faced after producing and co-writing Hello last year.

"I'm not going to lie; it's not easy to hold that information in for that long. It's kind of like I was holding this big secret for so long, but I stuck with it," the Grammy- and Golden Globe-nominated songwriter-producer, said in an interview with The Associated Press.

"It wasn't easy. You kind of want to shout it out, run around in the streets yelling to random strangers what you've just done," he added.

Hello was released Friday and it topped the iTunes singles chart in 85 countries. The music video broke the Vevo record for most views in a day with 27.7 million.

Hello is Adele's first single since releasing 2011's earth-shattering 21, her sophomore album that sold more than 11 million units in the United States and won the Grammy Award for album of the year, among other accolades.

"I'm still in shock honestly. ... I was just pretty blown away," Kurstin said of the insta-success of Hello.

Kurstin, who has worked with Pink, Lily Allen, Katy Perry and Taylor Swift, said he and Adele were supposed to work on music for 21, but that it didn't pan out. On 25, which Adele will release on Nov. 20, he also contributes to the tracks Water Under the Bridge and Million Years Ago.

Kurstin said he was putting some pressure on himself before meeting with powerhouse singer since this was her followup to 21. But that changed once he set foot in the studio, and they started working on songs last year, including Hello.

"She's just so wonderful to be around. She is funny and she's just so down-to-earth. ... You can immediately relate to her and connect with her," Kurstin said of Adele. "I really felt very comfortable around her because she makes you feel that way. She's just cool, and then she gets on the microphone and of course blows your mind."

Kurstin's writing and production credits include pop smashes like Sia's Chandelier, Kelly Clarkson's Stronger (What Doesn't Kill You) and Ellie Goulding's Burn. He is one half of the indie duo The Bird and the Bee, releasing a fourth album this year.

Kurstin is also working with another Grammy album of the year winner: He produced Beck's new single, Dreams, and is producing other tracks on the rock singer's followup to 2014's Morning Phase, which won the top Grammy earlier this year.

"I used to play in his band actually," said Kurstin, who added that is the first time he's officially writing and producing for Beck. THE ASSOCIATED PRESS

GOSSIP BRIEFS

Demi Lovato doesn't think Poot deserves headlines

Internet pranksters, Demi Lovato is not amused. Recently, an unflattering photo of the singer inspired a new online folklore legend, Poot Lovato, her fictional twin sister who "was locked in a basement her whole life."

The joke spawned a fake Twitter account and a full, fan-published back story and a Wikipedia page. And guess what! Demi herself is not amused. "Cool to see a s—ty angle turn into a meme that circulates the Internet to people's amusement ha," she tweeted, using the least convincing laugh I've heard since the last time I tried to do standup. NED EHRBAR/METRO HOLLYWOOD

Hopsital staff fired for trying to sneak pics of Odom

The health-care sector is generally a solid bet, career-wise, but here's a good way to flush any job security down the drain: Try to take photos of a comatose Lamar Odom that you can then sell to the tabloids.

Several staffers at Nevada's Sunrise Hospital were reportedly fired after trying to sneak snaps of the former NBA star while he was under care there, according to TMZ. The new fires also reportedly tried to access Odom's medical records, which is obviously a big no-no. NED EHRBAR/METRO HOLLYWOOD

Fallon injured again: Look, Ma, no hands!

Stop me if you've heard this one before: Jimmy Fallon was rushed to the hospital because he hurt his hand. His other hand. The Tonight Show host — who's been recovering from a kitchen accident from over the summer when he almost cut off a finger — took a tumble this weekend and messed up his other hand.

He was carousing after receiving an award from the Harvard Lampoon, carrying a bottle of Jaegermeister, when "some random girl kneeled down in front of him abruptly as he was turning around and he tripped over her," a source tells People magazine. Down went Fallon, bottle and all. He was rushed to Massachusetts General and bandaged up. NED EHRBAR/METRO HOLLYWOOD

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Prep yourself for the time change

It may not have the same health implications of "springing ahead" but the fall time change is just around the corner and you might want to prepare yourself.

As daylight saving time ends at 2 a.m. on Sunday Nov. 1, most Canadians will likely relish the extra hour of sleep, which University of Calgary professor of medicine Dr. David Lau says will likely only have a minimal impact on people, unlike in the spring when they lose an hour of sleep.

"A lot of the differences have to do with our bodies and their rhythms and biological clocks, which can get out of sync after a time change," he explains.

"But while there are more health implications when it comes to losing an hour of sleep, there aren't many significant health concerns when it comes to gaining an extra hour. The only potential change following the clock change is that the day gets dark an hour earlier and this might have some effect on people."

Unless you need to get to bed early and you're wide awake, of course, at which time it's recommended to cut out caffeine intake earlier in the day, for example, to help sleep earlier at night.

In fact, a lot of people make it their intention to use the extra hour to actually get up earlier and get more done in the morning.

"If people can become accustomed to getting up an hour earlier following the time change, there should be no undesirable physiological consequences, unlike losing an hour with the spring time clock change," Dr. Lau adds.

FIRE ALARM

It's not just your health you should check when you change the clocks but safety experts encourage residents to make a habit of changing the fire alarm batteries when they change their clocks, twice a year.

ISTOCK

However, according to the journal Sleep Medicine Reviews by Dr. Yvonne Harrison, even gaining an hour of sleep can have an effect on a person's sleep patterns for up to a week with many people being unable to take advantage of the extra hour of sleep because of the disruption to the sleep-wake cycle.

Lymph massage methodology workshop

ISTOCK

Lymph massage is quickly becoming a popular treatment methodology boasting many health benefits for a variety of conditions.

The lymphatic system is a network of vessels which assists the body in detection of foreign cells, excess fluid, viruses and bacteria, according to Wellington College operations manager Tricia Neill, who says the lymph system picks up fluids and waste products from the spaces between the cells and then cleans them.

"Lymph massage can benefit just about everyone. Some of the benefits of incorporating lymphatic system work include edema reduction, relaxation, pain reduction, reduction of swelling and fluid retention from trauma or surgery," she says. "In addition, athletes, surgical patients, and people living with chronic fatigue and fibromyalgia can also benefit."

That's why Wellington College is offering a three day Lymphatic Integration workshop for massage therapists in November.

"This course is designed to provide massage therapists with an assessment and treatment methodology for the lymphatic system. An extensive review of the lymphatic system will be followed by techniques to enhance the general lymphatic and immune system."

While not a course of treatment for lymphedema, utilizing the techniques can enhance the treatment plan of a massage therapist, Neill adds.

The Lymphatic Integration course runs from Nov. 6 until Nov. 8 at Wellington College for the cost of $540 for alumni and $615 for non-alum massage therapists. For more information please visit wellingtoncollege.com/alumni/continued-education-workshops/lymphatic-integration.

Get in shape before winter hibernation

As we settle into the cooler days of fall, now is the perfect time to get your body back into shape before winter creeps in. The U Weight Loss Clinic program designed by Canadian medical and naturopathic doctors is just the way to get started, according to clinic vice-president Moira Quigg-Lee.

"It's time to spring clean our bodies and revisit our health and wellness, which we may have neglected over the winter months," she says. "It's the ideal time for a gentle cleanse." Rather than a diet, the U Weight Loss Clinic program focuses on education: the simple science behind safe and effective weight loss.

"More importantly, clients learn how to keep their weight off permanently," Quigg-Lee says. "It is certainly not the antiquated formula of 'eat less and exercise more,' but rather a unique approach that focuses on revving up the body's metabolism and balancing the body's own hormones."

For example, when there is an excess amount of the hormone insulin, the body will naturally store fat. All carbohydrates are recognized at the cellular level as sugar and it is excess sugar in the system that spikes insulin levels which causes weight gain, explains Quigg-Lee.

"The clinics provide thousands of delicious and simple-to-prepare recipe options that ensure hormones remain balanced. Clients can eat in restaurants, even fast food venues, or make their own recipes based on the program's simple principles."

In fact, Quigg-Lee says one of the biggest surprises for U Weight Loss Clinic clients is how much food they can eat on the program.

"In order to stimulate our metabolism, we have to eat three generous meals plus two snacks daily," she adds.

All programs are individualized, with one-on one support by certified UWL health coaches.

AVERAGE WEIGHT LOSS

"The national average for weight loss on the U Weight Loss Clinic program is just shy of seven pounds in the first week and an average of two to three pounds per week thereafter," according to clinic vice-president Moria Quigg. For more information, call U Weight Loss Clinics at (204) 487-4274 or (204) 253-7148.

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Peter is absolutely thrilled with the results. "There were so many recipes to choose that we were never bored with the food. In fact, after 18 weeks, we still didn't have a favourite because we keep cooking up delicious recipes week after week. It's fantastic. We can pretty much have everything we want… pasta, chicken, stir fries, barbecues, etc."

Irene agrees with her husband whole heartedly. "I had tried so many diets over the years and I've battled with my weight all my life until now. At the U Weight Loss Clinics, I have finally discovered a way of eating that I can enjoy and stick to and the pounds and inches just kept melting off. 2 yrs later, we have kept the weight off and are so grateful for the knowledge and support at U Weight Loss Clinic. Truly this simple program has been a BLESSING in our lives."

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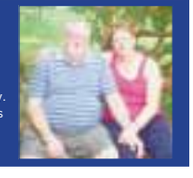

*Certain conditions apply. Please see U Weight Loss for full details.

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At the forefront of youth diabetes research

It's concerning that Type 2 diabetes rates in youth are increasing every year but one research team is trying to figure out why the rates are 12 to 20 times higher in Manitoba than in the rest of the country.

Children's Hospital Research Institute of Manitoba researcher Dr. Allison Dart is also an Assistant Professor at University of Manitoba and Pediatric Nephrologist in the Department of Pediatrics and Child Health and she joins co-lead Dr. Brandy Wicklow in researching why children with early onset Type 2 diabetes have high rates of kidney failure. The project, dubbed Improving renal Complications in Adolescents with Type 2 diabetes through Research (iCARE) cohort study, is currently studying 200 youth from Manitoba and Ontario.

"We've identified important risk factors for this protein leakage (called albuminuria) including both traditional risk factors: high blood sugar and blood pressure, and psychological distress including depression and anxiety. The psychological distress may be influencing inflammation in the body, which contributes to kidney injury," Dr. Dart explains.

"Youth with Type 2 diabetes currently have high rates of kidney failure. Understanding the most important factors that can be modified or treated is crucial to developing treatment plans for youth with Type 2 diabetes to prevent or delay complications."

With Type 2 diabetes rates 12 to 20 times higher in Manitoba than other provinces, Dr. Dart says it's concerning that the children who are predominantly affected are indigenous and commonly have higher rates of poverty, which is why the study is expanding to 400 youth in eight other centres across Canada.

"We want to see whether the same links between stress and inflammation are seen in children with Type 2 diabetes from other ethnic backgrounds or social circumstances. If we find that psychological factors are having a large impact on poor outcomes, this is rationale to bring in psychologists or psychiatrists into treatment teams and focusing on mental health in the diabetes clinic."

The researchers have already discovered that 30 per cent of youth with Type 2 diabetes already have early kidney injury in the form of protein leakage in the urine.

"If high risk youth can be identified early, then they can be offered more aggressive treatment approaches. Low risk patients can be offered less aggressive approaches," Dr. Dart adds.

Dr. Allison Dart. CONTRIBUTED

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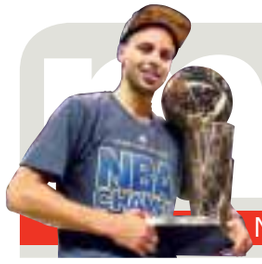


metro SPORTS

NBA 2K16's simulation of the upcoming season predicts the Warriors will need seven games to beat the Cavs in the final

Murphy in comfort zone

WORLD SERIES

K.C. looks to end Mets bopper's homer streak

Daniel Murphy took a meaty cut, then motioned to the batting practice pitcher to throw one a bit outside.

"Please," the New York Mets bopper added, politely.

Murphy promptly lined the next toss Monday into the right-field corner at Kauffman Stadium.

That's how easy he's making it look in real games, too.

So far, Murphy has invited many of baseball's top aces to his October bash — Clayton Kershaw, Zack Greinke and Jake Arrieta among them.

Now, the Kansas City Royals hope to spoil his playoff party.

Murphy has homered in a record six straight post-season games.

He'll take aim at Edinson Volquez and the Royals starting Tuesday night in the World Series opener.

Murphy hit a career-best 14 home runs during the regular season, then launched seven more in the first two rounds against the Dodgers and Cubs. He is one from matching the mark for most homers in a single post-season, shared by Barry Bonds, Carlos Beltran and Nelson Cruz.

"Superman? Oh, no, no," he said before the workout.

"Just a second baseman who's trying to get a good pitch to hit."

To Royals pitching coach Dave Eiland, that's the crux of Murphy's sudden power surge.

"He's getting a lot of good pitches to hit, and he isn't missing them," Eiland said. "He's right on them."

Eiland has noticed something else.

"He looks very comfortable in the batter's box — and I'll leave it at that," Eiland said.

Told about Eiland's comment, Royals pitcher Kris Medlen chuckled.

"Nobody's going to hit anybody," Medlen said. "But there are ways to get guys out. Coming in, going out, mixing it up."

Medlen noted that last week against the Cubs, Murphy golfed a pitched that was barely a foot off the ground for a home run. It was the second-lowest pitch hit for a homer in the majors this year.

"He's hitting everything," Medlen said.

Murphy won the MVP award in the NL Championship Series for sweeping Chicago, going 9-for-17. THE ASSOCIATED PRESS

Daniel Murphy has hit seven home runs this post-season, the last one coming in Game 4 of the NLCS against the Cubs. NAM Y. HUH/THE ASSOCIATED PRESS

.421

Murphy's batting average this post-season (16-for-38). He's also scored 11 runs and racked up 11 RBIs in nine games while only strking out six times.

MLB

Jays GM brushes contract talk aside

Alex Anthopoulos feels he's starting to "hit his stride" as general manager of the Toronto Blue Jays.

Whether he'll be with the team for his peak years remains up in the air.

Anthopoulos didn't shed any light on his contract status during his season wrap-up news conference Monday. The GM's future has become a front-burner topic since the Blue Jays were eliminated from the playoffs by the Kansas City Royals.

> **"I do think we've turned a corner as an organization. I think we're in a position to win for a long time.**
> Alex Anthopoulos

Anthopoulos, whose deal expires at the end of the month, has said he'd like to return but he decided to put contract talks aside during the post-season so it wouldn't become a distraction. He will be negotiating with new president Mark Shapiro, who will replace the retiring Paul Beeston next week.

"That will be addressed at the appropriate time," Anthopoulos said of his future with the team. "The appropriate time is not today." THE CANADIAN PRESS

IN BRIEF

Foster done for the season

Houston Texans running back Arian Foster is out for the season with an Achilles tendon injury, a significant blow for a team that was just blown out for the second time this season.

Foster was injured without being hit late in the Texans 44-26 loss to Miami on Sunday. He was in motion when he fell to the ground at the beginning of a play.

Foster missed the first three games of the season after tearing his groin muscle in training camp. THE ASSOCIATED PRESS

NHL

Ex-Jet Kane out 4-6 weeks

Evander Kane's fresh start with the Buffalo Sabres has been sidetracked by an injury to his left knee.

The hard-hitting, top-line forward will miss approximately four to six weeks, coach Dan Bylsma announced after practice on Monday.

Without revealing the exact nature of the injury, Bylsma said Kane won't require surgery after hurting his medial collateral ligament.

Kane was hurt in the third period of a 4-3 loss to New Jersey on Saturday. He was chasing down a puck in the right corner, when he was checked by defenceman David Schlemko. Kane's left knee was exposed and pinned to the boards by the knee-on-knee collision.

Kane had difficulty applying any weight on his left leg as he was helped off the ice after being treated by trainers.

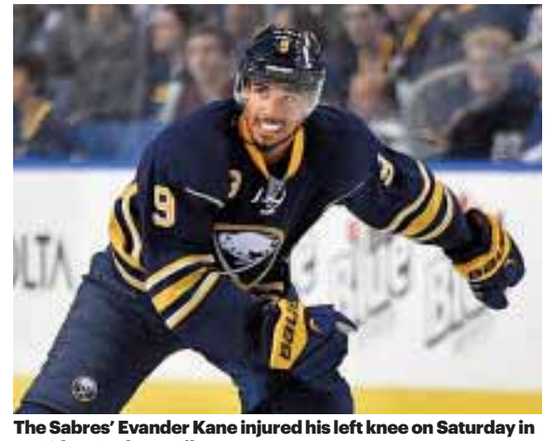
"Yeah, it could've been a lot worse," Bylsma said. "But I don't know if I sighed in relief when told it was four to six weeks."

It's the latest setback for Kane. The No. 4 pick in the 2009 draft was sidelined by a season-ending shoulder injury when Buffalo acquired him in a trade with Winnipeg in February.

Kane has a goal and two assists in eight games. THE ASSOCIATED PRESS

OFF THE MARK

The Sabres (2-6) are already struggling on offence. They have scored just 15 goals — a 1.9 goals-per-game pace that ranks 27th in the NHL.



The Sabres' Evander Kane injured his left knee on Saturday in a 4-3 loss to the Devils. TOM BRENNER/GETTY IMAGES

More defence makes sense to Raps' Carroll

NBA

Casey's focus on D welcomed by Toronto's new acquisition

The near month-long wait for meaningful basketball has passed and with the Toronto Raptors' season-opener in front of him Wednesday, DeMarre Carroll admitted that training camp has happily run its course.

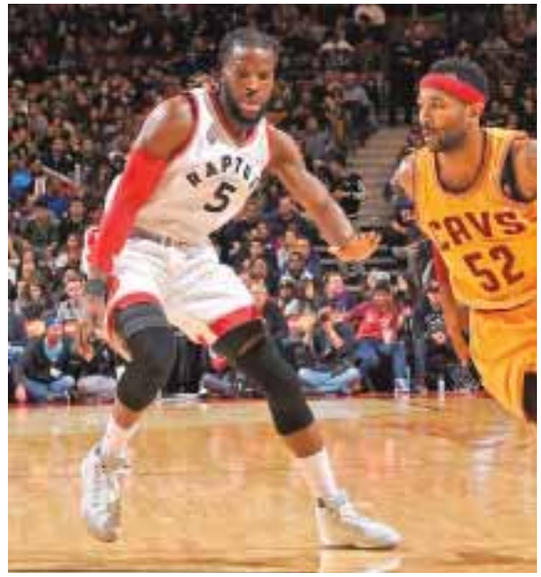
"I think we're all tired of playing each other," the Raptors' prized free-agent acquisition said before he got into the across-the-board theme of the team's off-season and this year's training camp: defence.

The six-foot-eight forward said that coach Dwane Casey's camp has been more defensive minded than the previous ones he's been a part of in his six-year, five-team career.

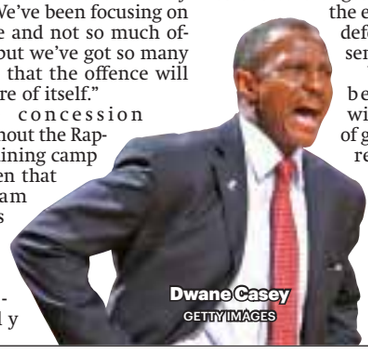
"Coach Casey is definitely a defensive-minded coach and that's the type of coach that I like," Carroll said.

"I like defence, that's my forte. We've been focusing on defence and not so much offence, but we've got so many scorers that the offence will take care of itself."

The concession throughout the Raptors training camp has been that the team has been a step ahead defensively over the offence. The byproduct of a hard-learned lesson in their first-round playoff exit to the Washington Wizards, the emphasis on defence makes sense.



Raptors' DeMarre Carroll, left, contains Cleveland's Mo Williams as he drives to the basket. RON TURENNE/NBAE VIA GETTY IMAGES



Dwane Casey GETTY IMAGES

You might be able to win a whack of games in the regular season without being able to shut people or teams down, but the playoffs inevitably become a much more ferocious animal that requires taming.

Casey has harped on defence but what he's hoping for this season — and as he demonstrated with hands raising and falling throughout — is a balancing act.

"You like to have balance. The key is balance," he said. "I don't want to get into a situation where now your defence is clicking at a high rate and your offence is off rhythm or off kilter.

"Our defence was so bad last year. We got caught up in our first couple of games and our defence got better and our offence stunk. We want a balance and that's the only way you can be successful in this league."

> **"I like defence. It's my forte. We've been focusing on defence and not so much offence, but we've got so many scorers that the offence will take care of itself.**
> Demarre Carroll

Through seven (meaningless) pre-season games, where lineup experimentation, rested vets, vanilla defences and random acts of rust-shedding all factor in, the Raptors averaged 94.7 points per game and gave up 88.9 per.

When the ball goes up Wednesday night and beyond, Carroll feels like strong defensive play will spark the offence.

"I think everyone in our starting lineup can score the ball. That's not the hard part, I think the hard part is defence. Trusting each other on defence, covering for each other."

Part of the Atlanta Hawks' 60-win team a year ago, Carroll said he sees a big difference in the Raptors that he went up against in years past.

"The way we played in the second half (in Friday's win in Montreal over the Washington Wizards), that was the best defence we played in the whole pre-season," he said.

TORSTAR NEWS SERVICE

NHL

History beckons for Habs in Vancouver

The Vancouver Canucks are hoping a visit from the NHL's top team will help shake them from their home-ice slumber.

The Montreal Canadiens enter Tuesday's game at Rogers Arena as the first team in league history to open a season with nine straight regulation victories and are on the verge of joining elite company by becoming only the third franchise to start a year with 10 consecutive wins.

The Canucks, meanwhile, have blown third-period leads in three of their five home defeats, including Saturday's 3-2 overtime loss to the Detroit Red Wings. Montreal is of course led by reining Vezina and Hart Trophy winner Carey Price, who has seven of his team's nine wins, including two shutouts, to go along with a 1.29 goal-against average and a .961 save percentage. A victory on Tuesday would see the Canadiens join the 1993-94 Toronto Maple Leafs and the 2006-07 Buffalo Sabres as the only teams to start a season with 10 straight wins.

2

Number of teams that have begun a season with 10 straight wins: the 1993-94 Toronto Maple Leafs and the 2006-07 Buffalo Sabres.

"We're not really focused on going 10 for 10, we're just focused on the first shift of the game and executing the way we want to play," said Montreal defenceman P.K. Subban. "I've said it before and I'll say it again: all we've accomplished is to have a good start to the season, and that's it."

The Canadiens are coming off a 5-3 home win over Toronto on Saturday that came on the heels of a 7-2 victory in Buffalo the night before. Tuesday marks the start of a three-game road trip through Western Canada that will also see Montreal visit the Edmonton Oilers and the Calgary Flames.

THE CANADIAN PRESS

IN BRIEF

Caps' Kuznetsov wins first star for offensive prowess

Washington Capitals centre Evgeny Kuznetsov is the NHL's first star of the week after scoring three goals and adding three assists over three games.

Kuznetsov's best display came on Friday, when he had three goals and two assists in Washington's 7-4 win over Edmonton. Montreal Canadiens defenceman Andrei Markov is the second star while LA Kings goaltender Jonathan Quick takes third-star. THE CANADIAN PRESS

Halak earns shutout as Islanders rout Flames 4-0

Jaroslav Halak stopped 29 shots for his second shutout in three starts, Mikhail Grabovski scored late in the second period and the New York Islanders beat the Calgary Flames 4-0 Monday.

Frans Nielsen, Cal Clutterbuck and Kyle Okposo scored in the third period as the Islanders improved to 4-1-1 at home this season. Halak, making his fourth start, also had a shutout at Columbus last Tuesday night.

THE ASSOCIATED PRESS

5 TALKING POINTS FOR NEW NBA SEASON

With the NBA regular season starting Tuesday night, here are five storylines to pay attention to as the 82-game marathon unfolds:

1 Kobe Bryant

Is this the last go-round for the 36-year-old future Hall of Famer, entering his 20th season with the only franchise he's ever played for? And if it is, how will he handle it? By gently ceding some control of the team to the younger set, or will he try to go out guns blazing to make up for two injury-riddled seasons?

Kobe Bryant

2 Kevin Durant

Oklahoma City was supposed to be a perennial championship contender with a group of budding young all-stars who got a taste of a title chase in 2012. Now, Durant will face an entire season of free agency speculation, Scott Brooks is out as the coach and the wonder is if the proverbial window is closing.

Kevin Durant

3 What divisions?

The three Atlantic Division championship banners that hang in the Air Canada Centre now signify an accomplishment that is obsolete. Winning a division now gets teams nothing, because playoff seeding will be determined by overall record, making things more fair.

4 Go small or go home

The move in the NBA these days is towards so-called "small ball." But having a multi-faceted group on the court seems to be the way everyone's going, and developing a lineup of basically interchangeable parts is the goal.

The Knicks' Carmelo Anthony

5 Rotten Big Apple?

Compared to the lack of success they've had — 17 wins last season — the New York Knicks get a disproportionate amount of publicity and chatter. But it's worth it for Raptors fans to pay a bit of attention to them this year and to hope for losses since New York owes Toronto a first-round draft pick in June.

TORSTAR NEWS SERVICE
PHOTOS BY GETTY IMAGES

RECIPE Salmon Dinner Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A tray bake is the ultimate in ease and deliciousness since roasting always delivers big on flavour.

Ready in
Prep time: 10 minutes
Serves 4

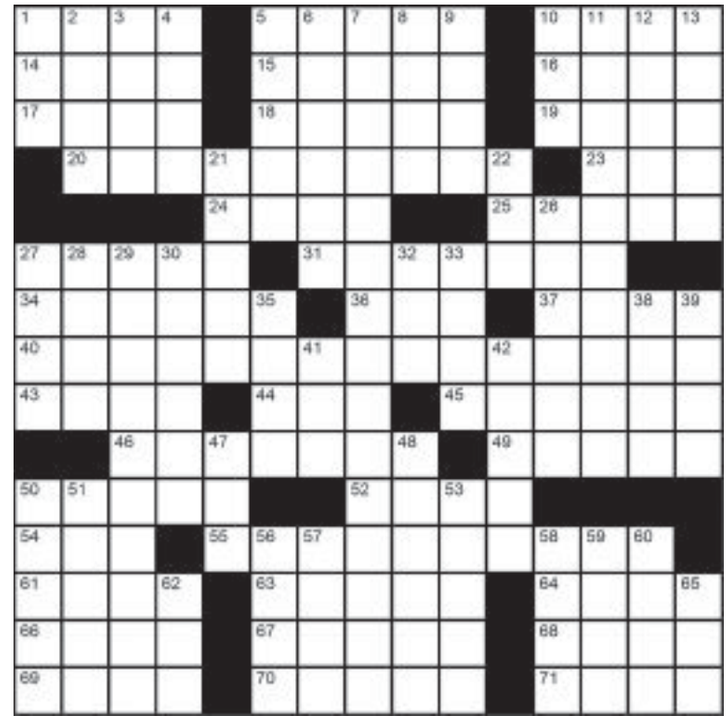
Ingredients
- 12 new potatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- Salt and pepper
- 4 salmon filets
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- Big squeeze of lemon juice

Directions
1. Preheat the oven to 375 F.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 Tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Satan's sphere
5. Emily Watson's role in "Gosford Park" (2001)
10. Armoured police team letters
14. "..._, whatever will be, will be..."
15. Like the garden's blanket of grass
16. Type of cotton
17. _-detached house
18. "Fame" singer Ms. Cara
19. Certain cuckoos
20. The Phantom's haunt, _ _ House
23. Chem. suffix
24. Conde _ (Magazine publisher)
25. House's interior, style-wise
27. Greek alphabet's last letter
31. George Hamilton IV's 'prettiest town' country hit of 1963
34. Repairing
36. Southern constellation near Telescopium
37. Ms. Fitzgerald
40. Group of Seven painter born in Sheffield, England in 1881: 2 wds.
43. Bone dry
44. Mork from _
45. Be a participant/captivate
46. Preside over the meeting with another person
49. Tzatziki sauce sandwiches
50. Beijing's locale
52. Samantha's twitcher on "Bewitched"
54. "You bet!"
55. Canadian whisky maker, The Crown Royal _ Company
61. Cut
63. Neil Diamond song that goes "...I used to call your name."
64. Clean-cut
66. Stand-up guy Jay
67. "Network" (1976) director Sidney
68. _ of duty
69. Belonging to Manchester's li'l country
70. They're scattered in gardens
71. And nothing more

DOWN
1. 'Count' suffix
2. HBO comedy starring Julia Louis-Dreyfus
3. "_ la Douce" (1963)
4. Retreat
5. "Clueless" (1995) actress Ms. Donovan
6. Crooner of 1955 song "Domani": Julius _ _
7. Transported to a previous era: 4 wds.
8. Ye olde rest stop
9. Glancer
10. Watering hole
11. Vineyard's storage area: 2 wds.
12. _ acid
13. Shocking weapon
21. Absurd
22. Fruit drink
26. Get-up-and-go
27. Ons opposites
28. Morass
29. Reason for gyms
30. Book of Judges judge
32. Annoy
33. Bathe
35. David of "Rhoda"
38. Construction set brand
39. Nautical affirmatives
41. Rosemary's Baby novelist Mr. Levin
42. Spin-off series of "Buffy the Vampire Slayer"
47. Scoundrel
48. Churned
50. Recurring process
51. Ms. Hunt of Hollywood
53. Casino games
56. Baffin, et al.
57. Andrew of "Melrose Place"
58. 1996 Celine Dion album: 'Falling _ You'
59. Las Vegas brightener
60. Ancient region of Europe
62. Opposite of negative, for short
65. Attempt

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
As today's full moon takes place the area of your chart that governs what you own and what you earn you would be wise not to be too extravagant or generous. Keep something in reserve.

Taurus April 21 - May 21
You must work closely with others and you need to understand that their opinions may differ from yours. Remember, you don't have to agree with them to get along.

Gemini May 22 - June 21
Don't get carried away with big ideas. And don't get so caught up in the grandeur of the bigger picture that you miss the important details. Those details are going to matter.

Cancer June 22 - July 23
The Sun in your fellow Water sign of Scorpio does wonders for your confidence but today's full moon warns you must not get carried away. Limit your activities to areas where you know what you are doing.

Leo July 24 - Aug. 23
You have kept your emotions under wraps but now you must be more outgoing and expressive. This is the ideal time to let loved ones know how much you care for them.

Virgo Aug. 24 - Sept. 23
In your eagerness to get ahead and get the most from each and every situation you will overlook something that either holds you up or trips you up. Slow down a bit.

Libra Sept. 24 - Oct. 23
If you are easygoing with money today you may regret it later, so rein in your extravagant tastes and opt for the simple (and free) things that life has to offer.

Scorpio Oct. 24 - Nov. 22
The Sun in your sign at this time of year gives you heaps of confidence but because there is also a full moon today you will need more than a large dose of self-belief. The most important question is: have you learned from past mistakes?

Sagittarius Nov. 23 - Dec. 21
Others think you are aiming too high but the higher you aim the more you are likely to achieve. There is no limit to what you can accomplish.

Capricorn Dec. 22 - Jan. 20
Today's will open your eyes to new possibilities. Be amazed how limited you have allowed your horizons to be in recent weeks. Get involved in projects that require you to work as part of a team.

Aquarius Jan. 21 - Feb. 19
Play by the rules today. It will not be pleasant if important people discover that you have been cutting corners. You really don't need to cheat.

Pisces Feb. 20 - March 20
You have no fear. Follow your desires, but as there is a rather threatening-looking full moon today you should steer clear of anything that is too excessive — depending on what your definition of "excessive" is.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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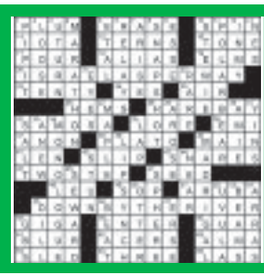

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1	9	2	3	4	8	5	7	6

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